



The CNC Connection

A publication of Columbia Neighborhood Center, City of Sunnyvale

— Spring 2017 —

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Fit & Fun Fair

Bring the whole family on Saturday, April 29, 11 a.m. to 3 p.m., to CNC for a free event celebrating healthy and active lifestyles. Come enjoy fun activities and learn more about the community resources available to support a healthy family. This year will feature:

- Children's activities
- Free health screenings
- Fitness demonstrations
- Nutrition and health information
- Entertainment
- Car seat safety inspections
(call 408-730-7179 for appointment)
- Giveaways



Taxes

Tax-Aid will offer free tax preparation assistance for families that make less than \$54,000 annually at CNC on Saturdays, March 4, 18 and 25, 9 a.m. to 2 p.m. Participants do not have to be U.S. citizens, and Spanish translators will be available. No appointments are necessary. Bring your photo ID and other income documents. For more information, visit Tax-Aid.org or call CNC.

Community News



CNC offices and programs will be closed on Monday, May 29.



Pathways to College

Family Engagement Institute is equipping parents of Columbia Middle School and Fremont High School students with the tools needed to prepare their children for college. The program will be offered in English and Spanish on Wednesday evenings, April 19, April 26, May 3 and May 10, 6:30 to 8:30 p.m., at the Columbia Middle School Staff Room, 739 Morse Ave. Dinner will

be included, and the program is free thanks to a generous grant from Advanced Micro Devices. All classes are mandatory. The program will end with a visit to Foothill College on Saturday, May 13, with a free lunch and transportation to and from CNC. Registration is required.



Child Care Fair

On Saturday, March 11, 11 a.m. to 1 p.m., City of Sunnyvale's Youth and Family Resources will host a free Child Care Fair in the Program Room at the Sunnyvale Public Library, 665 W. Olive Ave. Parents will have the opportunity to explore a variety of child care options that best fit their family's needs in one convenient location.



Parent Education Workshops

Come learn from the experts on the topic most important to you: your children. Both sessions are free and take place in the Neighborhood Room at the Sunnyvale Community Center, 550 E. Remington Dr., 6:30 to 8:30 p.m. Registration is required.

Juggling Two: The New Baby and the Older Sibling	Thursday, March 16	Emotional and practical challenges of a new child for parents and older siblings
Digital Preschool: Screen Time and the Young Child	Thursday, April 6	Impacts of screen time on young children from infancy to preschool

- Cesar Chavez Youth Action Day—March 25, at Columbia Middle School (ages 13-18)
- Fit and Fun Fair—April 29, at CNC



5th Annual Cesar Chavez Youth Action Day

On Saturday, March 25, 9:30 a.m. to 3 p.m., we are honoring the legacy of Cesar E. Chavez at CNC and inviting students ages 13 to 18 to support the community. There will be a cultural workshop to celebrate our diversity and a volunteer activity to build leadership skills. Light breakfast and lunch will be provided. Volunteer registration required. Complete the Community Services Volunteer Application form at Volunteering.inSunnyvale.com.

Day of the Book - Day of the Child

On Wednesday, May 3, 3:30 to 5 p.m., Bilingual Story Time will have a special extended session celebrating Day of the Book - Day of the Child. This free family event will take place in the CNC gym. Come enjoy free snacks for the kids. Guest performers will entertain with storytelling, singing and dancing. Each child will receive a free book to take home. No registration is required, event is open to families with children of all ages.



Spring and Summer Camp Registration

CNC will be offering recreation camp and STEM camp for students in the CNC service area over spring break, April 10 through 14, with various programming for children in first through eighth grade. Registration for spring camps will open on Tuesday, March 28, 8:30 a.m. Visit CNC in person or online at CNC.inSunnyvale.com for updates and camp descriptions. **Save the date:** Registration for summer camps will open Wednesday, May 31, 8:30 a.m.

Services at a Glance



Fitness and Recreation

All fitness and recreation programs take place at Columbia Neighborhood Center, 785 Morse Ave.
Childcare is not provided. Only cash is accepted. Call 408-730-7800 for more information.

Program	When it happens	Cost	Who is it for?
Yoga <i>Bring mat and towel.</i>	Tue, 6 – 6:50 p.m.	Free	18 +, children 10 + must be participating with parent
Zumba (<i>dance + cardio</i>)	Wed, 7 – 8 p.m. Fri, 6 – 7 p.m.	\$2	
U-Jam Fitness (<i>dance + cardio</i>)	Mon, 6 – 7 p.m.	\$2	
Youth Drop-In Gym <i>Bring a ball.</i>	Soccer: Mon, 7 – 9 p.m. Sat, 7 – 10 p.m. Basketball: Fri, 7 – 10 p.m.	\$.50 for residents, \$1 for non-residents	Middle and high school students with student ID
Drop-In Fitness Room <i>Bring water and towel.</i>	Mon, Thu, 6:30 – 8 p.m. Tue, Wed, 7:30 – 9 p.m. Sat, 8 – 9:30 a.m., 10:30 a.m. – noon	\$1	Adults and youth with signed parental consent
Karate <i>Visit a class to be placed on waiting list.</i>	Tue, 7 – 8 p.m. (all), 8 – 9 p.m. (advanced) Thu, 7 – 9 p.m. (intermediate/advanced) Sat, 8 – 10 a.m. (advanced); 10 a.m. – noon (all)	\$20 per month for residents, \$40 for non-residents	Ages 8+ (parental accompaniment not required)



Community Education

All Community Education programs are free and take place at Columbia Neighborhood Center, 785 Morse Ave. unless otherwise noted.
Call 408-730-7800 for more information.

Program	When it happens	Who is it for?
Legal Clinic	1st Sat of the month, 10 a.m. – noon	Adults seeking legal counsel
CNC Lending Library	Mon – Fri, 8:30 a.m. – 5 p.m.	Library card holders (apply at CNC)
Licensed Child Care Information	Mon – Fri, 8:30 a.m. – 5 p.m.	Anyone seeking childcare
Bilingual Story Time	Every other Wed, 3:30 - 4:30 p.m.	Families
Reading Buddies	3rd Thu of the month, 3:30 – 4:30 p.m. with appointment	Ages 6 + wanting to read to a dog
English as a Second Language Class	Mon and Wed, 6 – 9 p.m. (located at Columbia Middle School, 739 Morse Ave.)	Adults

These free classes are available only after the free placement test. Located at Adult Education Center, 791 W. Fremont Ave., 408-522-2700.

English Language Development Class	Tue, 7 – 9 p.m. (located at Columbia Middle School, 739 Morse Ave.)	Adults
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Medical and Health Services

All medical and health services are offered at 785 Morse Ave.
Call MayView Community Health Center at 408-746-0455 for more information unless otherwise noted.

Program	When it happens	Cost	Who is it for?
Health Insurance Enrollment 408-579-6026	Fri, 8:30 a.m. – noon and 1 – 4:30 p.m.	Free	Adults and families
Immunization Clinic	Wed, 8:30 – 11 a.m. and 1 – 3:30 p.m.	Insurance + sliding scale	Children and adults
Medical and Health Services	Mon, Tue, 8:15 a.m. – 7 p.m. Wed, Thu, Fri, 8:15 a.m. – 5 p.m. Closed noon to 1 p.m. for lunch	Insurance + sliding scale	Everyone
Family Harvest 408-730-7800	4th Wed of the month, 3:20 – 4 p.m. with appointment	Free <i>Apply at CNC</i>	Low-income families with children that want free groceries
Dental Van Services	2nd Mon of the month, 9 a.m. – 5 p.m. with appointment from MayView	Free	Everyone